



FeelGoods Nutrition Guide to All-Natural Offerings



Food	Serving	Cals. (g)	Fat (g)	Sat. Fat (g)	Carbs (g)	Prot. (g)	Fiber (g)	Sodium	WW Pts.
Main Protein & Antibiotic/Hormone-Free Meats									
Turkey Breast	4 oz.	100	0	0	0	24	0	720	2
Chicken Breast	4 oz.	120	3	1	0	20	0	1160	3
Roast Beef	4 oz.	220	6	2	0	38	0	458	5
3 Bean Medley	6 oz.	158	1.2	0	28.4	8.4	7		2
Veggie Burger	1	110	4.5	.5	13	6	5	190	2
Antibiotic/Hormone-Free Cheeses									
Cheddar	1 oz.	70	6	4	0	5	0	120	2
Gorgonzola	1 oz.	99	8	5	.4	6	0	311	3
Mozzarella	1 oz.	80	6	3.5	0	7	0	210	2
Feta	1 oz.	60	4	2.5	1	5	0	430	2
Asiago	1 oz.	100	8	5	0	7	0	340	3
Goat Cheese	1 oz.	80	6	4	0	5	0	146	2
Monterey Jack	1 oz.	70	5	3.5	1	5	0	110	2
Whole Grain Carbohydrates									
Wrap	1	150	3.5	.5	24	6	5	140	2
Pita Pocket	1	100	.5	0	21	7	4	110	1
Brown Rice Wraps	1	130	2.5	0	24	2	2	160	2
Hearty Flatbread	1	210	2	0	40	8	6	?	4
Light All Natural Dressings (2 TBL serving)									
Fat Free Balsamic Vin.		35	0	0	8	0	0	250	1
Fat Free Sundried Tomato		35	0	0	8	0	0	260	1
Fat Free Raspberry Vin.		35	0	0	9	0	0	170	1
Fat Free Lemon Parsley		35	0	0	9	0	0	105	1
Fat Free Tomato Basil		35	0	0	8	0	0	250	1
Fat Free Garlic & Ginger		35	0	0	9	0	0	105	1
Fat Free Mild Wild BBQ		35	0	0	8	1	0	140	1
Deeply Roasted Sesame		50	4	1	7	1	1	260	1
Creamy Steak		50	3	0	6	0	0	95	1
Roasted Red Pep.		70	6	.5	3	0	0	240	2
Honey Dijon Vin.		70	6	.5	3	0	0	110	2
Ginger Carrot Vin.		70	6	.5	3	0	0	110	2
Rosemary & Roasted Garlic		60	6	.5	0	0	0	70	2
Yellow Bell & Serrano Pepper		60	6	.5	5	0	0	140	2
Lemon & Shallot		70	5	0	2	0	0	140	2
Vidalia Onion & Cilantro		60	6	.5	5	0	0	140	2
Organic Salsas (Naturally fat free, great in wraps, flatbreads, or topped on Bison burgers!)									
Medium Salsa		15	0	0	1.5	0.3	0.3	190	0
Black Bean & Corn Salsa		15	0	0	3	1	1	170	0
Spicy Chipotle Salsa		10	0	0	2	0	0	160	0
Fire Roasted Veggie Salsa		10	0	0	3	0	0	200	0

* Want to cut calories, fat, or carbs? Ask us to halve the portion size of meat, cheese, or dressing! *



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Calorie-Dense Vegetable & Toppings									
Crumbled Bacon	1 ounce	60	5	2	0	4	0	290	2
Walnuts	1 ounce	95	9	.8	2.5	2	.5	0	3
Dried Cranberries	1 ounce	92	0	0	24.1	0	1.4	0	2
Avocado	1 ounce	45	4.2	.6	2.4	.6	1.9	2	1
Raisins	1 ounce	42	.1	0	11.1	.4	.5	3	1
Sweet Corn	1 ounce	22	0.1	0	5.5	0.7	0.6	4	0
Black Olives	.5 ounce	25	2	2	1	0	0	110	1
Sundried Tomato	1 ounce	60	4	.5	6.6	1.4	1.6	209	1
Chickpeas	1 ounce	34	.3	0	6.4	1.4	1.2	85	0
Black Beans	1 ounce	22	.1	0	3.7	1.3	1.1	87	0
Kidney Beans	1 ounce	23	.2	0	4.1	1.5	1.2	84	0
Brown Rice	1 ounce	32	.2	0	6.7	.7	.5	0	1
Lower Calorie Vegetable & Toppings									
Organic Greens	1 ounce	5	0	0	1.3	0.6	0.6	0	0
Tomatoes	1 ounce	6	0.1	0	1.3	0.3	0.4	1	0
Mushrooms	1 ounce	3	0	0	0.4	0.4	0.1	1	0
Green Peppers	1 ounce	6	0	0	1.3	.2	0.5	0	0
Red Peppers	1 ounce	7	0.1	0	1.7	0.3	0.6	0	0
Red Cabbage	1 ounce	7	0	0	2	0.5	0	7	0
Red Onion	1 ounce	11	0	0	2.8	0.3	0	0	0
Cucumber	1 ounce	0	0	0	0	0	0	1	0
Green Beans	1 ounce	5	0	0	1.1	0.3	0.5	0	0
Broccoli	1 ounce	6	0.1	0	1.1	0.5	0.4	9	0
Carrots	1 ounce	8	0	0	1.9	0.2	0.6	20	0
Zucchini	1 ounce	5	.1	0	1	0.3	0.3	3	0

Note: Nutrition information above is provided by item nutritional labels or from calorieking.com, a trusted internet nutrition source.